Good News for Homemakers

A checklist for safety at home

By Shirley W. Walton
Extension Agent

Home Safety Checklist — Part I

Instructions: Take this check list and make a careful inspection of your living and hobby areas. If you find any items you have checked in the NO column when you are finished, try to correct them as soon as possible. This is Part I of a two-part checklist to help you as you prepare for winter season. This was shared with us by Dr. Glen H. Heltzel, Extension Safety Specialist.

WALKING AND WORKING AREAS

Yes No

___ ___ 1. Are stairways clear of objects left on them?
___ ___ 2. Do stairways have a firmly anchored handrail?
___ ___ 3. Are stairways well lighted?
___ ___ 4. Are stair coverings securely anchored?
___ ___ 5. Do you have a safe step ladder for home use?
___ ___ 6. Do you have a safe step stool for reaching high shelves?
___ ___ 7. Are scatter rugs skid proof?
___ ___ 8. Are carpets securely anchored?
___ ___ 9. Are entrance ways, exists, halls and walks well lighted?
___ ___ 10. Are all toys kept out of walking areas?
___ ___ 11. Do you keep all walks, porches and stairs clear of ice and snow?
___ ___ 12. Do you keep all floors cleared, clean & spills wiped up?
___ ___ 13. Is non-skid wax used on all polished floors?
___ ___ 14. Do bath tubs and showers have non-skid strips in them?
___ ___ 15. Do all storm door windows have safety glass or non-breakable windows?
___ ___ 16. Do storm doors have push bars for children?
___ ___ 17. Are sliding glass doors (patio doors) non-breakable glass?
___ ___ 18. Do sliding glass doors have some type of figure or design on the glass to help see when they are closed?

HOME FURNISHINGS

Yes No

___ ___ 19. Are all chairs safe to use? (Tightly attached legs, arms or backs & sound bottoms).
___ ___ 20. Are all tables safe for use? (Tightly attached legs and leaves, and level.)
___ ___ 21. Are beds safe for use? (Legs tightly attached, springs firmly supported, head & foot boards securely fastened.)
___ ___ 22. Are the bars in baby cribs close enough together to prevent a baby's head from getting caught?
___ ___ 23. Are bunkbeds of sound construction with strong ladders & side rails?
___ ___ 24. Do all doors close and latch properly?
___ ___ 25. Are all window screens in good repair and fit correctly?

If you have a homemaking question or problem, you may call 352-8244 or write P.O. Box 488, Appomattox, Va. 24522.

Recipe of the Week
JANE'S HIGH ENERGY MIX

1 cup dried apples
1 cup dried apricots
½ cup dried cherries
½ cup almonds
½ cup sunflower seeds

High in protein, B vitamins, Vitamin A, potassium and iron. About 382 calories per serving. To avoid overeating, divide recipe into 5 parts and put into plastic bags. Serves 5.

Thanks to Mrs. Jane Smith for sharing this nutritious, delicious recipe.

JOHN C. HIX, of Appomattox, wears a happy smile as he accepts check in the amount of $125.00, the second prize in drawing held by the Appomattox Assembly last week. Presenting the check on behalf of the organization is Shirley Wheeler, Officer for Economic Development. (Photo by Allen Austin)

Appomattox Assembly rally ends

The Appomattox Assembly wishes to thank those who helped to make our Fund Raising Rally a success.

The lucky winners of the drawings were: First prize - $300.00 Gregory Oden, Philadelphia, Pa.; Second prize - $125.00 - John C. Hix, Appomattox; third prize - $75.00 - Lorene Jones, Alexandria, Va.

The Assembly is sponsoring a Gospel Extravaganza at the Appomattox County High School auditorium on Friday, October 8 at 8 p.m. Featured will be the Soul Stirrers of Chicago, The Gospel Persuaders of Danville, Va. and The Golden Trumpteers of Appomattox. Tickets will be $5.00 for adults; $4.00 for 12 years and younger; $6.00 at the door.

If this event is successful, the Assembly expects to be in a position to put its Commuter Program (free to the elderly indigent and the handicapped) into operation.

The Appomattox Assembly is disappointed with the denial of its request to re-name Evergreen Avenue Lawing Avenue in honor of the Reverend R. Q. Lawing, Sr., especially since the Rev. Lawing adopted Appomattox as his home and has served the entire community so faithfully for the past 50 years.

Myrick wins

Patty Myrick of Route 4, Appomattox was the winner of the grand prize in the Martin's Ace Hardware contest this Saturday.

Her name was drawn from the pot at noon, according to Robert Martin, owner of the store. She won a new AM/FM record player in the drawing.

Martin expressed his thanks to the many people who came by the store this past weekend during the grand opening event.

"Those people helped make the grand opening a success, and we hope to see all of our friends often," Martin said.

Death Notices

Mrs. Lula Godsey Eagle

Mrs. Lula Godsey Eagle, 88, Route 5, died Wednesday, Sept. 8, 1982, in Lynchburg General Hospital. She was the wife of the late David William Eagle.

She was born in Appomattox County, a daughter of the late Luther B. Godsey and Gennie Poe Godsey Martin. She was a member of the Baptist church.

She is survived by seven sons, David O. Eagle, Norfolk, and C. Lyle Eagle, Julian B. Eagle, and Bobby R. Eagle, all of Appomattox, Andrew L. Eagle, Farmville, Alfred L. Eagle, Spout Spring, and Wylie E. Eagle, Evington; five daughters, Mrs. Louise E. Phelps, Concord, Mrs. Mary E. Bohannon and Mrs. Elizabeth E. Jones, both of Appomattox, Mrs. Edna E. Bettis, Springfield, Ohio, and Mrs. Charles Sale, Madison Heights; 27 grandchildren, 34 great-grandchildren and two great-great-grandchildren; two half brothers, Alex Martin, Nathalie, and William Martin, Roxboro, N.C.; two half sisters, Mrs. Tencie Jamerson, Lynchburg, and Mrs. Carrie Lee Buchanan, Roxboro, N.C., and a number of nieces and nephews.

Funeral services were conducted at 2 p.m. Friday from Robinson Funeral Home by the Revs. Earnie Lucas and P. Edward Leonard. Burial was in Liberty Cemetery.

Robinson Funeral Home was in charge of arrangements.

Eddie T. Hamilton

Eddie T. Hamilton, 77, of Gladstone, died at 3:40 a.m. Monday, Sept. 13, at Lynchburg General Hospital. He was the husband of Ellen W. Hamilton.

Born in Amherst County he was a son of the late Jobe and Laura Belle Stinnette Hamilton.

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County Line News

Mr. and Mrs. Shelby Tucker had their family reunion at their home on Saturday evening, Sept. 11. Those present were Mr. and Mrs. Shelby Tucker, Mr. and Mrs. Gordon Tucker and girls of Spout Spring, Mr. and Mrs. Dennis Arnold and girls of Conc ord, Mr. and Mrs. Ed Collins and Eric Jennings of Forest, Va., Mrs. Clara Nichols of Spout Spring and Mr. and Mrs. Carroll Tucker of Coatsville, Pa.

Todd Nash, son of Mr. and Mrs. Twyman Nash and Ryan Carson, son of Mr. and Mrs. David Carson celebrated their birthdays in the home of their grandparents, Mr. and Mrs. Richard T. Nash Saturday night with homemade ice cream and cake. Those attending the celebration were: Mr. and Mrs. Twyman Nash, Mr. and Mrs. Ray Layne and Missy, Mr. and Mrs. Winifred Nash, Wendy and Will, Mr. and Mrs. Lacy Sharp, Mr. and Mrs. Bobby Waddell, Jeremy and Chris, Mrs. Connie Reynolds, Joe and Dennis and Mr. and Mrs. David Carson, and Susan. Todd was four years old and Ryan two years old.

Mr. and Mrs. Raymond Mullins and David, Mr. and Mrs. John Evans and girls, Mr. and Mrs. W. E. Banton visited Mr. and Mrs. Pete Sinnette Saturday.

(Continued on page 7)

Calkins is CDA

Sarah Brown Calkins has recently passed her national boards and is now a Certified Dental Assistant.

This certification means that she is nationally recognized as proficient in general chairside assisting and radiation health and safety.

Lose Up To 50 Pounds By Christmas

SLIM & TRIM DIET

No pills, shots, exercise, calorie counting, or liquid diet. Just a well balanced 1000 calorie diet with three meals a day plus snacks.
This is a hunger free program with trained counselors, support and help while you are losing. Modified behavior teaches you to keep your weight off with a free maintenance program. We have people in your area that have lost 50 pounds in three months on our program that we can show you. You can do it also, so come let us show you how easy and inexpensive it is. New fall classes now beginning.

CONCORD
CONCORD RURITAN CLUB
Thursday, 7:00 p.m.
Call Julia Coffman - 352-8611

FARMVILLE
VFW HALL
Tuesday - 7:00 p.m.
Call Peggy Emert - 574-6711

$5.00 Registration $6.00 Weekly Dues $2.00 Bring This Coupon and Save $5.00 $5.00
Expires 9-26

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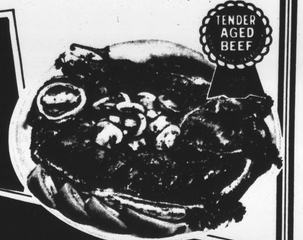

COKE - mr. Pibb 8-PACK, 16-oz Btl. PLUS DEPOSIT. $1.29

Full Cut ROUND STEAK lb. $1.79

Boneless Sirloin Tip or RUMP ROAST lb. $2.29
BEEF... CUBE STEAK lb. $2.49
• 3 DRUMSTICKS • 3 BREASTS • 3 THIGHS Family Pack CHICKENS lb. 69¢
LANCER SLICED BACON 1-lb. PKG. $1.69
OSCAR MAYER COOKED HAM 6oz. PKG. $1.59
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U.S. NO. 1 All Purpose POTATOES 10-lb. BAG 89¢
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RICHFOOD Pie SHELLS PKG. 2/5 59¢
RICHFOOD WHIPPED TOPPING 8oz. CONT. 59¢
KRAFT 16 SLICES American CHEESE 12oz. PKG. $1.49

CORONET PAPER TOWELS BIG ROLL 69¢
CORONET BATH TISSUE PKG. 4/5 99¢
GLADE Morning Fresh AIR Freshener 7oz. CAN 99¢
TOILET BOWL CLEANER SANI-FLUSH 3-lb. CONT. 99¢
NABISCO Creme Sandwiches OREO COOKIES 19oz. PKG. $1.59
KELLOGG'S FROSTED FLAKES 20oz. BOX $1.69
PILLSBURY PLUS ASST. CAKE MIXES 18oz. PKG. 79¢
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10-lb. BAG RICHFOOD CHARCOAL $1.59
ALL PURPOSE or SELF-RISING PILLSBURY FLOUR 5-lb. BAG 89¢
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